

What is a Stroke?

A stroke can cause serious brain damage, disability, or even death. Acting quickly if you think you are having a stroke can save your life

A stroke comes on suddenly. You may not be sure what is wrong or if it is a stroke, but it is important to call 9-1-1 right away.

Do not drive yourself to the hospital.

Talk to your family or friends about the signs of a stroke and the need to get help right away. Make a plan in case you are unable to talk or tell them what you need.

You should know the signs of a stroke.

Stroke Warning Signs

Stroke signs occur **suddenly** and may include one or more of the following:

Weakness or numbness of the face, arm, or leg

Trouble speaking or understanding that occurs suddenly

Problems with your vision

Trouble walking or keeping your balance

Dizziness

Severe headache for no reason

Use the **F.A.S.T** test for recognizing and responding to stroke symptoms:

F = FACE Ask the person to smile. Does one side of the face droop?

A = ARMS Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH Ask the person to repeat a simple sentence. Does their speech sound slurred or strange?

T = TIME If you observe any of these signs, it is time to call 9-1-1 or get to the nearest stroke center or hospital.

You can lower your risk for a stroke. Talk to your provider about what you can do to reduce your risk.

Source: National Stroke Association. www.stroke.org